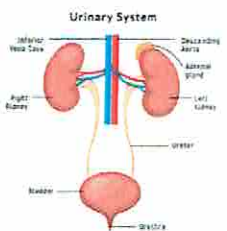
 Encompass Health

Urinary Care and the impact on your brain, body, and physical health

Dr. Gerald Woodard, D.O.
Medical Director
Shores Medical Centers

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The Urinary System



The Role of the Urinary System is to filter waste from blood and excreting it through urine. Maintaining urinary health can help prevent issues and promote wellness

The Urinary System includes:

- Kidneys
- Ureters
- Bladder
- Urethra

Common Urinary problems

- Bladder Infections
- Kidney Infections
- Urinary Incontinence

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What is a UTI (Urinary Tract Infection)?

- An infection in your urinary tract (bladder, kidney and/or urethra)
- Bacteria from genital area enter your urethra
- Wiping the wrong direction after using the bathroom
- After sexual activity
- Bacteria in urinary tract multiply to an unhealthy level
- Under or not treated UTIs can lead to urosepsis
- About 10 million people in United States are treated for UTIs yearly¹
- Infections become serious faster after the age of 50 and are common in both men and women
- 50-60% of women experience UTIs
- Common reason for doctor visits
- UTIs can lead to urosepsis. 30% of all sepsis begins in urinary tract¹

¹ Cleveland Clinic. Urosepsis. obtained from [Urosepsis: Causes, Symptoms, Diagnosis & Treatment](#)

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Symptoms of a Urinary Tract Infection

- Burning (pain) during urination
- Urgency to use the bathroom
- Going to the bathroom more frequently
- Cloudy or strong-smelling urine
- Blood in urine
- Pressure in lower abdomen
- Fever or chills
- Nausea or vomiting

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Causes and Risks for developing UTI

- Bacteria (E.coli)
- Dehydration
- Holding urine
- Incomplete bladder emptying
- Diabetes
- Catheter usage
- Diabetes
- Immune system disorders
- Weak immune system from Chemotherapy, organ transplant or other medical conditions

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What is Urosepsis?

- Life threatening reaction to infection. Immune system stops fighting the infection and starts damaging normal tissues and organs, leading to inflammation throughout the body
- Can affect the whole body
- May lead to organ failure
- Requires urgent medical care
- Generally, starts in bladder, spreads to kidneys and goes into bloodstream
- Symptoms may be subtle or pronounced
- Early treatment can prevent hospitalization

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Sepsis by the numbers

- Claims 11 million lives globally per year: 1 in every 5 global deaths ²
- 350,000 adult deaths annually
- Top causes of Sepsis related deaths
 - Pneumonia (#1)
 - UTIs (#2)
- Early Treatment can prevent hospitalization
- Symptoms may be subtle

University of Texas Medical Branch. UTMED.edu obtained from [Sepsis - A silent killer and leading cause of death!](#)

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Risk Factors Men vs Women

- Women are more likely than men for UTIs
 - Shorter urethra
 - Post Menopause changes
- Men - prostate enlargement after 50
- Both increased risk due to urinary retention

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Symptoms of sepsis include but limited to:

- Feeling strangely unwell
- Worsening symptoms during treatment of an infection
- Fever shaking chills
- Confusion ore reduced mental alertness
- Nausea
- Vomiting
- Diarrhea
- Low Blood Pressure (top number less than 100)
- Weakened kidney or liver function
- High respiratory rate (faster than 22 breaths per minute)
- Difficulty Breathing
- Rapid heart rate

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When to Call your Doctor or seek medical care

- Fever
- Back or side pain
- Sudden urge to urinate more often
- Pain or burning when urinating
- Blood in pee or thick, cloudy or foul-smelling urine
- Nausea
- Fatigue
- Vomiting
- Confusion (encephalopathy)
- Symptoms not improving

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When seek immediate medical care/ER Care

Unable to breathe

Fast heart rate or heart palpitations

Weak pulse

Fever and chills

Not being able to urinate or minimized output of urine

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How is urosepsis diagnosed?

Complete blood count or CBC

C-reactive protein

Blood culture

Urinalysis or urine culture

Ultrasound

CT Scan

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Preventing Sepsis

Seek medical care early

Take antibiotics as prescribed

Follow-up if not improving

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How to maintain good urinary health

1. Stay hydrated - 8 glasses a day
 - a) Water helps dilute urine and flush bacteria from your system
2. Practice good hygiene
 - a) Wipe front to back after toileting
 - b) Urinating after sex
 - c) Avoid irritating products, such as spermicides, douches, deodorant sprays or scented soaps
 - d) Women: Ask for vaginal estrogen
 - e) Washing hands before and after going to bathroom
3. Regular bathroom breaks
 - a) Don't hold urine too long
 - b) Go to bathroom every 3-4 hours
 - Prevents bladder distension
 - Decreases chance of infections
 - c) Ensure full bladder emptying

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How to maintain good urinary health (Continued)

2. Pelvic Floor Exercises
 - a) Kegel exercises (see handout)
 - Strengthens pelvic floor muscles
 - Help control urination
 - Prevents incontinence
5. Healthy diet
 - a) Balanced with fruit, vegetables and whole grains
 - b) Avoid excessive caffeine
 - c) Avoid excessive alcohol
 - d) Manage Blood sugar
6. Regular check-ups with physician
 - Manage Chronic condition
 - Take Medications as prescribed
7. Men: Monitor Prostrate symptoms

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Key Takeaways

- UTIs are common but can be serious or lead to other serious conditions
- Know the symptoms
- Early treatment is key
- Focus on maintaining good urinary health

Any questions?

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Any questions
please do not hesitate to
call or email

Dr. Judy Parker, EdD
CEO
Cell: 386-562-2125
Email: judy.parker@encompasshealth.com

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